

Relationship Support Services

Inverell & online

- Centacare New England North West is the social services agency of the Catholic Diocese of Armidale. It offers general counselling for men, women, couples and families. These confidential counselling sessions cost \$150 for couples. Furthermore, Centacare New England North West, in conjunction with Tamworth Family Support Services, provides the Family Relationship Centre out of the Armidale and Tamworth offices, with outreach services in Moree, Narrabri and Inverell. This resource is funded by the Australian Government and provides impartial courses, workshops and support services by independent, professionally qualified staff. Centacare New England North West has nine offices throughout the New England North West, including Inverell. You can contact Centacare New England North West by calling 1800 372 826, dropping in at the Inverell office at 21 Oliver Street, Inverell, emailing inverell@centacarenenw.com.au or visiting centacarenenw.com.au.
- Thrive Counselling is a private counselling practice located in the Country Fair Complex at 18 Sweaney Street, Inverell. Rachel Rose is a qualified counsellor who offers individualized support for individuals, families, couples, youth and children, with a promise to be there for her clients through every step of their journey. She offers relationship counselling for “couples who are looking to strengthen their emotional connection, in all stages of their relationship” at a cost of \$100 for the initial consultation and \$85 for ongoing consultations thereafter. Thrive Counselling is open from 9am-5pm on Monday-Friday and can be contacted by calling Rachel on 0400 987 088 or sending a message through the website, <https://thrivecounsellinginverell.com/> or Thrive Counselling on Facebook.
- Anglicare is a Christian, not-for-profit support service that covers Sydney, the Blue Mountains, the Southern Highlands, Illawarra, Shoalhaven and Northern Inland regions. It has an office located at 39 Warialda Street, Inverell and can be contacted by calling (02) 6701 8200, emailing tamworth@anglicare.org.au or visiting their website, <https://www.anglicare.org.au/>. Anglicare offers support for people at all stages of life, including face-to-face, online or phone counselling, mediation and family, parenting and youth support. Fees range from \$25-\$150 per hour, depending on annual family income; however, “no one [will be] denied access to [their] services because of their inability to pay.” Some services are funded by the Australian Government Department of Social Services, the Attorney General’s Department and the NSW Department of Communities and Justice and are provided free of charge. Anglicare also offers group sessions and workshops for negotiable fees of \$10-\$20 per session. This makes Anglicare an accessible and affordable service for people from all walks of life.
- Family Life Counselling is a private counselling service based in Inverell, specializing in “resolving conflicts that impede a successful marriage.” Counsellor Denise Horwood holds tertiary qualifications in Counselling, is ARCAP Registered and holds a clinical license with Christian Counsellors Association of Australia. Denise uses “a broad range of counselling and psychotherapy techniques, firmly grounded in a person centred approach” and believes that it is important for clients to develop a rapport built on mutual respect and trust. Family Life Counselling offers a free 10-minute phone consultation, then \$100 for singles or \$150 for couples. Family Life Counselling is located at 72 Ring Street, Inverell and is open from 8.30-3.30pm, Wednesday-Friday. Denise can be contacted on 0412 494 228, on the Family Life Counselling – Denise Horwood Facebook page or the Family Life Counselling website, <http://www.familylifecounselling.com.au/>
- Relationship Matters is a not-for-profit organization, partially funded by the Department of Social Services. They offer counselling, mediation and relationship education to support people through different stages of their relationships. While their face-to-face branches are primarily located within the Melbourne district, Relationship Matters also offer online appointments via video link. In particular, the ‘Prepare-Enrich’ Committed Couples and Communication Skills for Couples courses offer clients with private sessions to “spend dedicated time together to reflect and focus on what matters most to them both, their life ahead and to learn the essential skills that help relationships survive and thrive over time.” The ‘Prepare-Enrich’ Committed Couples Course includes an online questionnaire and 3 hours of private consultation for \$365 per couple, while the Communication Skills for Couples Course is delivered over two 1.5 hour sessions for a cost of \$300. Relationship Matters can be contacted on 1300 543 396 or by visiting their website at relationshipmatters.com.au. They can also be found on Facebook, Twitter and LinkedIn.